



33 SELECT RECIPES





FINER RESULTS FROM CERESOTA NOT BLEACHED FLOUR

Everything you bake with CERESOTA Flour has a real fine flavor—tastes so much better—pleases every appetite.

That's because the makers of CERESOTA Flour, almost alone, have never yielded to the temptation to "doctor" their fine flour with chemical bleaches. Flour, you know, is bleached merely to make it LOOK white. And even inferior flour, by clever bleaching, can be made to appear exactly like high-grade flour. But you can trust CERESOTA Flour. It is made only from the very choicest wheats, and comes to you in its natural state—in its natural color—with every bit of the delicious NATURAL wheat flavor. That is why CERESOTA Flour always gives you vastly better results in all your baking. Bread is never flat or tasteless . . . but always has a rich, wheaty flavor that only not bleached flour can give. Try CERESOTA Not Bleached Flour today.

THE ALL-PURPOSE FLOUR

CERESOTA Flour not only makes delicious bread and biscuits, but wonderful cakes and pies as well. When you use CERESOTA Flour there is no need for any other flour, no matter what you bake. CERESOTA is a true ALL-PURPOSE flour. Your bread is lighter and finer-textured; your cakes are fluffier and your pastries flakier.

Moreover, with CERESOTA you never have a costly or disappointing baking failure. It is milled by a unique process from a special blend of choice Northern wheats . . . just the right varieties to guarantee perfect results—every time—no matter what you bake—or when you bake.

ADD CERESOTA TO YOUR SHOPPING LIST



TRADE MARK

Try the CERESOTA Select Recipes presented in this booklet. They will give you a new treat in both plain and fancy baking. If your larder does not already have CERESOTA Flour, your grocer can supply you in any size bag required. Order a sack today for a trial baking.



BREAD IS THE STAFF OF LIFE

FOUR HOUR BREAD

1 yeast cake
(compressed)
2 c. liquid
4 tsp. vinegar
 $\frac{1}{4}$ c. sugar

7 c. sifted CERESOTA
Not Bleached Flour
1 tbsp. salt
2 tbsp. melted
shortening

Soften yeast cake in liquid which may be all water or half milk and half water. Add vinegar, sugar and 2 cups CERESOTA. Put in a warm place, cover and let stand for 15 minutes. Add salt, shortening and 5 cups CERESOTA. Put in a warm place, cover and let rise for 1 hour. Punch down in the bowl. Let rise again for 45 minutes. Place on floured board and knead well. Form into loaves. Place in oiled bread pans. Let rise until double in size. Bake in oven at 420° for 45 minutes. Remove to rack. Brush over with melted butter. Makes two loaves.

VARIATIONS

Tomato Bread

Use 2 c. tomato juice for liquid.

Cheese Bread

Add 1 c. grated cheese with the last amount of flour.

Nut Bread

Add 1 c. chopped nuts with the last amount of flour.

BREAD VARIETIES

QUICK NUT BREAD

3 $\frac{1}{2}$ c. sifted CERESOTA
Not Bleached Flour
6 tsp. baking powder
1 tsp. salt

$\frac{3}{4}$ c. sugar
1 c. chopped nuts
2 eggs
1 c. milk

Mix and sift dry ingredients, add nuts, then the eggs and milk. Place in oiled bread pans, filling the pans only half full. Let stand for 20 minutes. Bake at 375° for 1 hour.

DATE BREAD

2 c. sifted CERESOTA
Not Bleached Flour
4 tsp. baking powder
 $\frac{1}{2}$ tsp. salt

$\frac{1}{4}$ c. sugar
 $\frac{1}{2}$ lb. cut dates
1 egg
 $\frac{3}{4}$ c. milk

Mix and sift dry ingredients and add dates. Blend until smooth with egg and milk. Place in oiled bread pan and bake at 375° for 50 minutes.

BANANA BREAD

1 c. sugar
 $\frac{1}{2}$ c. butter
2 eggs
3 large bananas
6 tbsp. sour milk

3 $\frac{3}{4}$ c. sifted CERESOTA
Not Bleached Flour
1 tsp. soda
1 tsp. baking powder
1 c. nut meats

Cream the sugar and butter, add eggs. Mash the bananas. Add the bananas, sour milk and the flour sifted with soda and baking powder to the creamed mixture. Then add the nut meats and mix the batter smooth. Place in bread pans and bake at 350° for 45 minutes.

NUT AND RAISIN BREAD

2 c. CERESOTA fine ground
Whole Wheat Flour
4 tsp. baking powder
1 $\frac{1}{2}$ tsp. salt
 $\frac{1}{3}$ c. sugar

$\frac{1}{2}$ c. raisins
 $\frac{1}{2}$ c. nut meats
1 egg
 $\frac{3}{4}$ c. milk

Mix and sift dry ingredients, add nut meats and raisins, then the eggs and milk. Blend smooth. Place in oiled bread pans, filling pans only half full. Let stand for 15 minutes. Bake at 375° for 1 hour.



CERESOTA QUICK BISCUITS

BAKING POWDER BISCUITS

2 c. sifted CERESOTA
Not Bleached Flour
3 tsp. baking powder
(tartrate preferable)
 $\frac{1}{2}$ tsp. salt
 $\frac{2}{3}$ c. milk

2 tbsp. butter and
2 tbsp. lard
or
2 tbsp. butter and
3 tbsp. cooking oil
or
4 tbsp. butter

NOTE: For best results, mix quickly and handle little as possible.

Mix and sift dry ingredients (if all butter is used, use $\frac{1}{4}$ tsp. salt instead of $\frac{1}{2}$ tsp.), cut in shortening, add milk gradually. On a floured board pat out 1 inch thick and cut in small biscuits. Brush over with milk or cream. Place in oven at 450° and bake for 15 minutes.

VARIATIONS

FRUIT OR JAM BISCUITS

Roll dough out to $\frac{1}{3}$ inch thick, spread with butter, jam, or jelly or dried fruits cooked to a paste. Roll up and proceed by cutting down in slices and placing cut side down on buttered pan; bake as directed.

QUICK BISCUIT VARIATIONS

OLIVE BISCUITS

Roll dough out to $\frac{1}{4}$ inch thick. Brush over with melted butter; sprinkle with chopped, stuffed olives. Roll up, cut down and place in oiled muffin tins or oiled baking sheet and bake as directed.

CHEESE BISCUITS

Roll out to $\frac{1}{3}$ inch thick. Spread with soft cheese or grated cheese and butter. Roll up and proceed as directed.

RAGAMUFFINS

Roll dough out to $\frac{1}{3}$ inch thick. Spread well with butter, sprinkle with white or brown sugar and cinnamon, roll up and proceed as directed.

UPSIDE DOWN BISCUITS

Same as Ragamuffins. Put 2 tbsp. butter, 1 c. brown sugar, 2 tbsp. water into skillet. Add Ragamuffins and bake.

TRY THIS LEMON MERINGUE PIE

THE SHORT PASTE

2 c. sifted CERESOTA
Not Bleached Flour
 $\frac{1}{2}$ tsp. baking powder

$\frac{3}{4}$ c. ice-cold water
 $\frac{1}{2}$ tsp. salt
 $\frac{2}{3}$ c. lard or lard
and butter

Sift the flour, salt and baking powder twice, rub in the shortening with the tips of the fingers until the whole is of the texture of fine bread crumbs. Mix to a firm dough with the water, using a knife for the mixing. Turn on to a floured board, roll out once only and place in pie tins and bake.

THE LEMON FILLING

1 c. sugar
2 c. boiling water
Rind and juice of 1 large lemon

3 tbsp. corn-starch
Butter, one-half the
size of walnut
3 eggs

Mix the sugar, corn-starch, lemon and butter. Add enough boiling water for thickness desired. Add the slightly beaten yolks of two eggs and one whole egg and stir smooth with the first mixture. Cook in double boiler for two minutes. Fill the baked crust while hot. When cool make meringue of the whites of two eggs and return to oven to brown.



A WELL FILLED COOKIE JAR

PEANUT BUTTER COOKIES

1 c. brown sugar
1 c. white sugar
1 c. peanut butter
1 c. shortening
2 eggs

1 tsp. soda, dissolved in
 $\frac{1}{2}$ c. hot water
 $2\frac{3}{4}$ c. sifted CERESOTA
Not Bleached Flour
Pinch of salt

Cream shortening, add sugar, then peanut butter. Add well beaten eggs, then soda and water (after cooled), flour and salt. Drop by teaspoonfuls into pan and press down slightly with damp fork. Bake for 12 minutes at 375° .

FILLED OATMEAL COOKIES

4 c. ground oatmeal
4 c. sifted CERESOTA
Not Bleached Flour
 $1\frac{3}{4}$ c. sugar

$1\frac{1}{2}$ c. lard
1 c. sour milk
1 tsp. soda
Pinch of salt

Cream shortening and sugar, add sour milk. When thoroughly mixed, add oatmeal and sifted flour with soda and salt. Roll thin on floured board. Bake ten to twelve minutes at 375° .

FILLING: $1\frac{1}{2}$ box ground dates or 1 box raisins, 1 c. sugar, 1 c. boiling water. Cook until smooth. Make filling first, let cool and spread between cookies after they are baked.



MORE TEMPTING COOKIES

ICE BOX COOKIES

1 c. brown sugar

1 c. white sugar

1 lb. nut margarine

3 eggs

5 c. sifted CERESOTA
Not Bleached Flour

$\frac{1}{2}$ tsp. soda

1 tsp. cinnamon

1 tsp. nutmeg

$\frac{1}{2}$ lb. almonds,
blanched

Cream sugar and margarine, add the eggs, sift the dry ingredients and add with the almonds. Roll the dough into round rolls and let stand in ice box over night. Slice very thin and bake at 375° .

SUGAR COOKIES

1 c. butter

2 c. sugar

3 eggs

$\frac{1}{2}$ tsp. soda

4 c. sifted CERESOTA
Not Bleached Flour

$\frac{1}{4}$ tsp. salt

1 tsp. vanilla

Cream butter and sugar, add the eggs, sift and add the dry ingredients, then the flavoring.

Roll the dough very, very thin and sprinkle well with sugar. Cut and bake at 375° until delicately browned.



ICE BOX ROLLS ARE HANDY

ICE BOX ROLLS

1 cake compressed yeast
2 c. warm milk
2 c. warm water
12 c. sifted CERESOTA
Not Bleached Flour

$\frac{1}{2}$ c. sugar
1 tbsp. salt
2 eggs
 $\frac{1}{2}$ c. melted butter

Soften yeast in the milk and water, add sugar and 4 cups sifted CERESOTA Flour; let stand in warm place until bubbly (about 15 minutes), add salt, eggs, melted butter, and the remaining 8 cups flour.

Take out the portion of dough you wish to use at once. Let rise until light. Place the rest of the dough in well oiled bowl; oil the top, cover and place in ice box.

When you wish to use any portion of this dough, let stand an hour or so at room temperature and proceed as with any yeast dough—this dough will keep in ice box a week.

After the dough which you are using at once is light, knead well and form into rolls of desired shape; place on oiled baking sheet and let rise until light. Bake at 400° 20 to 30 minutes, depending on the size and shape of the rolls. Remove to rack and brush over with melted butter.

ICE BOX ROLLS VARIATIONS

FRESH ORANGE ROLLS

After the dough has become very light, knead and roll out to $\frac{1}{4}$ inch in thickness, spread with melted butter, diced fresh orange, grated orange rind and sprinkling of sugar. Roll up, cut down and place in well buttered muffin pans. When double in bulk, bake at 375° for 30 minutes. Remove at once and glaze immediately with sugar syrup.

BREAKFAST CAKE

Place the dough, after kneading, into buttered utility pan and top with a mixture of

1 c. coarse crumbs

$\frac{1}{2}$ c. brown sugar

$1\frac{1}{2}$ tsp. cinnamon

$\frac{1}{4}$ c. thick sour cream

Let double in bulk and bake at 375° .

COFFEE BREAD

Roll desired amount of dough out to $\frac{1}{4}$ inch thickness. Brush with soft butter, sprinkle with white or brown sugar, cinnamon, currants or raisins. Roll up into a loaf. Place in buttered loaf pan and let rise light. Dust with sugar and cinnamon over the top. Bake at 375° .

A SEA FOOD SHORT CAKE

2 c. sifted CERESOTA

Not Bleached Flour

4 tsp. baking powder

(phosphate or tartaric)

1 tsp. salt

2 tbsp. butter

2 tbsp. lard

$\frac{1}{2}$ c. milk

Sift and mix dry ingredients and cut in butter and lard until shortening disappears. Add milk a little at a time, forming a ball of the flour mixture. Then add a second portion of the milk and when all is added with just a twist of the wrist blend all together lightly. Take a little more than half the dough and pat out in a buttered pie pan. Brush with melted butter. Form the rest of the dough into a smaller flat cake and put on top. Brush this with butter also. Bake in a hot oven. When baked, separate with two forks. Fill with hot sea food of any desired kind. Replace top of short cake and cover with hot Hollandaise sauce.



HAVE A GOOD CAKE ON HAND

THE CAKE OF MANY USES

6 tbsp. butter

1 c. sugar

2 eggs

1 c. milk

2 a. sifted CERESOTA

Not Bleached Flour

4 tsp. baking powder

(phosphate or
tartrate)

1/2 tsp. salt

1 tsp. flavoring

Cream butter and sugar, add egg yolks and milk, sift dry ingredients into mixture and add flavoring. Fold in stiffly beaten egg whites.

Bake in sheet, loaf, layer, or cup cakes. Bake at 375° for all forms except the loaf which should be baked at 350°.

SUGGESTED ICING: Mix 7/8 cup sugar, a pinch of cream of tartar, one egg white and three tablespoons water in top of double boiler. Place over rapidly boiling water and beat with a Dover egg beater 7 minutes or until of the right consistency for spreading. Remove, add seven cut up marshmallows, one teaspoon of flavoring, beat until smooth and spread.

WHITE NUT CAKE

Substitute 4 egg whites for the 2 whole eggs. Add one-half cup nuts to flour.

TWO ALWAYS WELCOME CAKES

CERESOTA CHOCOLATE LAYER CAKE

(Illustration on Front Cover)

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|--|---|
| 2 c. sifted CERESOTA
Not Bleached Flour | 4 tsp. baking powder
(phosphate or tartrate) |
| 6 tbsp. butter | 1/2 tsp. salt |
| 2 eggs | 1 tsp. flavoring |
| 1 c. milk | 2 squares chocolate
(unsweetened) |
| 1 c. sugar | |

Cream butter and sugar, add melted chocolate, add egg yolks and milk, sift dry ingredients into mixture and add flavoring. Fold in stiffly beaten egg whites. Pour into greased layer pans. Bake at 375°.

CHOCOLATE FROSTING

- | | |
|----------------|--------------------------------------|
| 3 tbsp. butter | 1 1/2 c. sugar |
| 2 tbsp. cream | 2 squares chocolate
(unsweetened) |
| 1 tsp. vanilla | |

Cut chocolate into small pieces, put into tumbler and place this in pan of hot water over the fire to melt. Cream butter thoroughly. Add sugar, a teaspoon at a time. When half the sugar is used, add cream, vanilla and chocolate, and rest of the sugar. Beat well. Do not ice until cake is cold.

CERESOTA COFFEE CAKE

- | | |
|---|---------------------------------------|
| 2 c. sifted CERESOTA
Not Bleached Flour | 1 c. milk |
| 4 tsp. baking powder
(phosphate or tartrate) | 6 tbsp. butter |
| 1/2 tsp. salt | Enough brown sugar to
sprinkle top |
| 1/4 c. sugar | 1 c. coarse dried
bread crumbs |
| 3 eggs | 1/4 tsp. cinnamon |
| | 1 tsp. almond extract |

Blend dry ingredients and add 2 egg yolks, milk and 4 tbsp. melted butter. Fold in 2 stiffly beaten egg whites. Place batter in 9-inch square baking pan, oiled and floured. Cream 2 tbsp. butter and 1 egg and spread over top of cake. Sprinkle generously with brown sugar. Top with 1 cup coarse dried bread crumbs mixed with cinnamon and almond extract. Bake at 375° for 25 minutes. Serve piping hot.



SERVE MUFFINS OFTEN

MUFFINS

2 c. sifted CERESOTA
Not Bleached Flour
4 tsp. baking powder
(phosphate or tartrate)
 $\frac{1}{2}$ tsp. salt

$\frac{1}{4}$ c. sugar
2 eggs
1 c. milk
 $\frac{1}{4}$ c. melted butter

Mix and sift dry ingredients, mix quickly with the eggs, milk, and melted butter. Put into well buttered and floured muffin tins. Bake at 400° for 20 minutes.

VARIATIONS

Blueberry Muffins

Add $\frac{1}{2}$ c. blueberries to flour.

Date Muffins

Add $\frac{1}{2}$ c. cut dates to flour.

Nut Muffins

Add $\frac{1}{2}$ c. of any kind of nuts to flour and proceed as directed.

Ceresota Bohemian Rye Muffins

1 c. CERESOTA Bohemian Rye Flour instead of 1 c. white flour in the above muffin recipe.



Pure

Not Bleached

CERESOTA FLOUR



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OF STANDARD MILLING CO.

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